American Red Cross



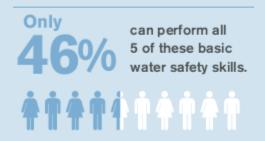
5 Skills to Save Your Life in the Water

Can you swim well enough to save your life?



But...

less than half of Americans can perform all of the 5 basic skills that could save their life in the water.



- Step or jump into the water over your head.
- Return to the surface and float or tread water for one minute.
- Turn around in a full circle and find an exit.
- 4. Swim 25 yards to the exit without stopping.
- Exit from the water. If in a pool, be able to exit without using the ladder.